

RIVERSPRINGS

MIDDLE SCHOOL

CHEERLEADING HANDBOOK

2016-2017

Riversprings Middle School Cheerleading Constitution

Cheerleading is not a right, it is a responsibility. It is the responsibility to represent the school in actions, attitudes, and behaviors to the rest of the community. Cheerleading is not a clique, a popularity contest, or an excuse for negative behavior. Cheerleading is an honor bestowed upon a group of girls who will have to maintain the standard by which they were chosen. If any girl chosen is determined to fall short of not only the requirements of the cheerleading squad, but if they also fall short in their attitude or behavior, then that student will lose their position on the squad and another student will have the honor bestowed upon them. A cheerleader not only represents this school, they represent themselves and they represent the coach. As a coach, it is my job to lead these girls not only in learning skills appropriate for this “sport” but to help mold the girls according to high standards in academics, behavior, and attitude. Cheerleading parents are held to the responsibility of helping their child fulfill the requirements of cheerleading in terms of grades, attendance, behavior, and skill learning.

***** I have read this document and understand the materials within the document. I support the rules/regulations and consequences stated in this Cheerleading Constitution and will help my child uphold the behavior necessary to be considered a Riversprings Cheerleader.**

Parent Signature

Student Signature

Date

Tryouts Eligibility

Students must have the following in order to be eligible to try out:

1. No out of school suspensions.
2. Two or less referrals for this school year (up until the tryout date)
3. GPA for the first semester of a 2.0 average. (teachers will be estimating based on the first AND second 9 week period)
4. Must have less than 10 unexcused absences for this school year (first semester).
5. Will meet the sufficient criteria designated regarding teacher recommendations.

Schedule for Eligibility goes as such:

February	Students will come to Cheer Coach between classes and sign up as being interested in trying out as a Candidate.
February	The coach will contact the teachers after receiving information of a student's interest. Teachers will be reporting on the students evaluations, attendance checked, grades checked, etc.
TBA	Girls will be informed as to if they are official candidates for tryouts. This will be done through a note presented to the student by the Coach.
March	MANDATORY PARENT MEETING

This meeting goes over the Cheerleading packet for candidates. It involves financial information regarding cheerleading as well as practice dates/times, etc. ANY CANDIDATE WHO IS GOING TO TRY OUT MUST HAVE A GUARDIAN/PARENT PRESENT AT THIS MEETING OR WILL BE DISQUALIFIED FROM TRYOUTS.

Tryout Guidelines

1. Cheerleader candidates must have all paperwork required in their packet completed on or before **TBA**. Any cheerleader prospect that arrives on **TBA** (first day of tryout practice) without their paperwork may not participate in cheerleading tryout week or be eligible to try out.
2. No candidate for cheerleader who reports to practices later than the 2nd day shall be allowed to tryout, unless an emergency situation arises and the coach excuses the student.
3. No cheerleader candidate shall miss more than one practice without being dropped from the roll. The coach must clear any absence.
4. ALL PARENTS/GUARDIANS of any candidate **MUST** attend the meeting before tryouts.

Tryout Procedures

1. The Middle School squad will consist of 7th and 8th graders (current 6th and 7th graders will be the ones trying out), approx. 12-20 members in all.
2. Classes for the training of candidates will consist of approximately five days.
3. For practice, tryout candidates must wear shorts, shirts, socks, and shoes. Hair must be worn up and out of the eyes. No cheerleader attire can be worn. On tryout day the candidates must wear dark blue shorts, white shirts, tennis shoes, and white socks. Hair must be up!
4. Various skilled personnel will help train the candidates who will learn a cheer, jumps and a dance, and participate in stunting procedures.

Financial Responsibility

1. It shall be the responsibility of the individual cheerleader to acquire her complete uniform and pay for camp. The coach will provide the information regarding uniform and cheer items ordering. The uniform itself and all items are not ordered until the uniforms are paid for completely. **It is a requirement of all cheerleaders to completely pay for all items required by the last day of school (or June 1st) to continue on the squad.**

NO UNIFORMS WILL BE ORDERED UNTIL ALL UNIFORMS AND MATERIALS ARE PAID FOR BY EVERY GIRL ON THE SQUAD !!

*******These amounts below are ESTIMATES and the exact amounts cannot be determined at this time.**

Uniform -----	300.00
Warm Up Outfits -----	160.00
Cheer Bag -----	35.00
Pom Pom -----	30.00
Bows -----	10.00
Shoes -----	40.00
Camp -----	350.00
TOTAL: (Remember this is an <u>estimate</u>)	<u>925.00</u>

DEMERITS

The Demerit system set forth in this document will be used during the 2015-2016 Cheerleading Season. RMS Cheerleaders have the ability to be the best squad around; however, this will not happen without consistent discipline. This system was created with the entire squad's best interest in mind. Please understand that the Coaching Staff can change the rules, procedures, and guidelines any time during the season.

Section 1:

A cheerleader may be given demerits throughout the year because of infractions against the rules and regulations set forth by the RMS Coaches and/or the Student Code of Conduct.

Section 2: A demerit list will be discussed with all of the cheerleaders.

Section 3: Demerits are accumulated over the course of the year. Demerits are not erased. Demerits will remain with the cheerleader for the entire year.

Cheerleader Demerit System:

Cheerleaders are expected to act beyond the standards of conduct of other students, as they are leaders of the school. Demerits will be given by the RMS Coaching Staff when deemed necessary.

The Objective of Giving Demerits:

- To set expectations
- To teach responsibility
- To help individuals realize consequences of their actions
- To help create a unified group

Demerits will be calculated as accumulated. Cheerleaders will be notified each time they receive demerit(s), and will initial his/her demerit column agreeing with the coach's decision. Parents will be notified once a cheerleader reaches 15 demerits, 20, and 25 at which point she will be removed from the squad.

When a cheerleader accumulates **fifteen (15) demerits, she will be suspended for one "Cheer Activity"**. The suspended cheerleader will sit with the coach at the event and will be in uniform. Upon returning to the squad, if the cheerleader obtains an additional five (5) demerits, making the total number of demerits twenty (20), **she will be suspended for two full weeks of cheerleading activities** (including games, practices, competitions and pep rallies). Once the total number of demerits reaches **25, the cheerleader will be dismissed from the squad.**

REASONS FOR DEMERITS

1. Tardiness (to and from all events, practice, games, etc):

- a. Being late to practice, a scheduled event, a games, or being picked up late from any cheerleading event after 15 minutes = 1 demerit
- b. After first 20 minutes = 2 demerits
- c. After 30 minutes = 3 demerits

“Late” = not being in designated area at specified time

Please understand that it is crucial that you have arrangements made for your child to have transportation to and from all cheerleading events. Although we understand that emergencies arise and will be taken into consideration, please understand that your child will receive demerits when tardy, and/or being picked up late. When a child does not have transportation within 30 minutes from the end of a cheer event, a deputy will be contacted to come accompany your child.

2. Absences:

- a. Coach approved excused absence from a practice = 0 demerits

Excused absences include:

- Personal illness or accident
- Funeral or death in the family
- Religious Holiday
- Wedding in the Immediate Family

In order for one of these absences to be excused, the coach must be notified in writing at least 24 hours before the scheduled event or by phone as soon as possible.

- b. Excused absences from practice for any other reason than listed above in section a = 2 demerits
- c. Unexcused absence from practice or any other required event = 5 demerits. Unexcused absence = no contact by parents /guardian prior to practice, or any other non-coach approved absence. It will also be considered an unexcused absence if the cheerleader shows up to practice without clothes, shoes, etc. and is not able to practice.
- d. Unexcused absence from a game at which a squad is expected to cheer = 5 demerits

3. Appearance:

All regulations are based on district guidelines. Each member is responsible for the care of her uniform. Any school owned materials that are damaged or not returned at the end of the year shall be paid for by the member who is issued the materials.

- a. Incorrect hair style (must be off of face and neck during practice and performance with correct ribbon during performance)= 1 demerit
- b. Chewing gum/candy during practice or while in any uniform or designated outfit = 1 demerit
- c. Missing part of uniform or non-approved cover over uniform = 2 demerits
- d. Dirty or wrinkled uniform or outfit = 2 demerits (if you need help with this, please see Cheer Coach)
- e. Not wearing required or wearing incorrect t-shirt, camp outfit, uniform, etc. on special, designated days = 2 demerits
- f. Wearing uniform in locations other than school sponsored events = 5 demerits
- g. Wearing ANY jewelry, or fake, extra long (ex. Press on) nails during a pep rally, game, or any performance = 1 demerit

4. Behavior/Conduct: All cheerleaders are expected to represent RMS in a positive way. Cheerleaders are “looked up to “by most young people as well as by the community. A cheerleader should realize that her actions both in and out of uniform will be seen by many people. Therefore, it is of utmost importance that cheerleaders conduct themselves in ways that will gain respect and pride.

- a. Going into the stands or bleachers to sit with friends during games at any time without approval from coach = 3 demerits
- b. Displaying negative attitude while cheering or at practice (showing bad mood, anger, etc) = 5 demerits. Extreme cases will be removed from squad to sit with the coach for remainder of the game.
- c. Being uncooperative during practice or game = 5 demerits. Extreme cases will be removed from squad to sit with coach.
- d. Being disrespectful toward any teacher, coach, principal, librarian, custodian, bus driver, or any school personnel or violating WCSB Code of Conduct rules = 5 demerits
- e. Not following a specific direction given by the coach (defying an order) = 5 demerits
- f. Constantly complaining or negative attitude or lack of support to the squad or team = 5 demerits
- g. If cheer facility is not clean after dismissal = 1 demerits for each cheerleader
- h. Using profanity in public (heard by coach or other WCSB employee) = 2 demerits

- i. Not meeting due date (signs, grade checks, fundraisers, etc.) = 1 demerit
- j. Public display of affection = 3 demerits
- k. Academic dishonesty = 5 demerits
- l. Lunch detentions (5) = 1 demerit
- m. Receiving out of school detention or an ISS = 5 demerits (sit out ½ game)
- n. Inappropriate use of twitter, instagram, facebook, etc. that is disrespectful to any member of the RMS squad or the school = 3 demerits
- o. Being disrespectful or having inappropriate behavior with any member of the squad or other school students = 3 demerits

No student shall be allowed to participate in any extra-curricular activity if he or she attends fewer than **3** full class periods the day of an event. In the case of illness, the doctor's statement shall also certify that the student is in sufficiently good health to participate in the activity.

5. Causes for immediate dismissal from cheerleading squad:
 - a. Truancy
 - b. Any event resulting in off campus suspension (OSS)
 - c. Fighting
 - d. Use or in possession of tobacco
 - e. Using or being under the influence of or in possession of drugs and /or alcoholic beverages
 - f. Disrespect/Insubordination towards the Coach

6. Academics: Attendance and grades are high priorities. Periodic checks will be made in the hopes of helping cheerleaders succeed in the classroom.
 - a. Receiving a failing grade on a report card = suspension from the squad until proof of passing grade – grades will be checked periodically and/or progress report and report cards.
 - b. Failure to maintain an overall average of 2.0 = dismissal from the squad

Mandated Word Count

Failure to obtain RMS mandated word count will result in sitting out a game/event until word count is met. After missing 2 games/events due to not meeting word count, cheerleader can be dismissed from the squad.

Practices

Practice schedules will be created after the squad itself is developed. Those students are chosen to be on the squad will receive information about practice dates/times. Practices are normally 2:45-5:30. Number of practice days could be as many as four or as few as two.

***OTHER SPORTS/ACTIVITIES *** We always encourage students to participate in outside sports or activities such as band, traveling sports, basketball, track, etc. Our school has been faithful to work together to allow students to participate in multiple sports at one time. While this does mean that the student is split in their energy/attention between two sports, it is not impossible to do. **The only sport that one cannot do with Cheerleading is Volleyball.** The practices and games conflict and would make participating in both sports impossible. **A student would be required not to tryout for Cheerleading if they planned to participate in Volleyball.**

Wakulla County Schools

COMMITTED TO SUCCESS

NON DISCRIMINATION STATEMENT

The following policy applies to students, applicants for admission, employees, and applicants for employment:

The School Board of Wakulla County, Florida does not discriminate in admission or access to, or treatment or employment in, its programs and activities on the basis of race, color, religion, age, sex, national origin, marital status, disability, genetic information for applicants and employees, or any other reason prohibited by Federal and State law regarding non-discrimination. See 34 C.F.R. 100.6(d); 34 C.F.R. 106.9; 34 C.F.R. 110.25.

In addition, the School Board provides equal access to the Boy Scouts of America or any other youth group listed in Title 36 of the United States Code (as a patriotic society). This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. See 34 C.F.R. 108.9.

Disabled individuals needing reasonable accommodations to participate in and enjoy the benefits of services, programs, and activities of the School Board are required to notify the administrator at the school/center at which the event or service is offered to request reasonable accommodation in advance.

The designated Equity Coordinator, Title IX and Section 504 Compliance Coordinator as required by 34 C.F.R. 100.6(d) is **Karen J. Wells**, 69 Arran Road, Crawfordville, Florida 32327; 850.926.0065; karen.wells@wcsb.us.

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